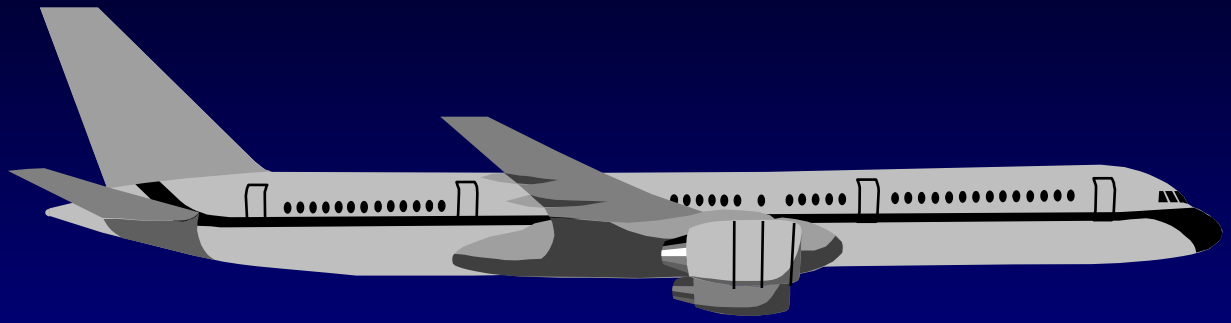
Fun Things to Do on Airlines

- Stand up and yell, "There's some THING on the WING! Some sort of THING on the WING!"
- Ask the flight attendant if you can show the pilot your .22
- Press the button that makes the flight attendant come and deny that you pressed it. Repeat 10 times.
- Every 5 minutes yell WE'RE GOING DOWN!
- Ask the flight attendant if you can have a folding chair so you can sit in the cargo bay.
- Tell everyone you used to fly these planes in "the war."



Eric A. Nelson, Maj, USAF, MC

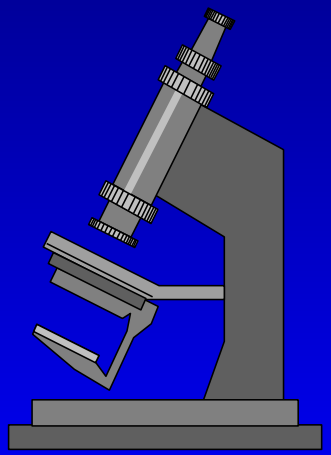
Athlete's Foot (Tinea Pedis)

“How do I know I’ve got it?”

- Frequently asymptomatic
- Itching
- Redness
- Scaling/peeling/flaking
- Burning
- Moistness/maceration

“What causes it?”

- Fungus acquired by contact invades the superficial skin
- Must be susceptible -- not everyone gets it



"Who's susceptible?"

- People with chronically moist (i.e. sweaty) feet
- Fungus loves damp warm environment
- NOT caused by just walking around barefoot
- Mostly afflicts men -- rare in women
- Rare before age 12, common in adolescence

“How do I get rid of it?”

- Topical agents -- generally over-the-counter
  - Sprays and powders (e.g. Tinactin, Desenex, Micatin)
  - Creams
- Oral agents:
  - Prescription-only
  - May cause liver dysfunction
  - Most will DNIF you

“It keeps coming back!”

- Generally easy to cure an active case with topical agents
- Will recur unless the predisposing factor is addressed:
  - Must keep feet dry!

Prevention

- Keep feet dry: get shoes that breathe (i.e. not corfram)
- Cotton socks -- change socks frequently if you tend to have sweaty feet
- Get out of your combat boots when possible -- go barefoot at home.
- Try foot powder (medicated, talcum, or baby powder) before putting socks on

Prevention

- Wear shower shoes
- Keep shower at home clean
- May need to get rid of old shoes, or at least old insoles (if you can’t get rid of recurrent athlete’s foot in any other way.)

"What if I don't treat it?"

- May remain stable and asymptomatic (or only mildly symptomatic)
- May flare into a more serious, painful form (vesicular)
- May spread to toenails
  - mostly a cosmetic problem
  - very difficult (and expensive) to cure
- May lead to bacterial skin infections (cellulitis)

The End